

PERSONAL INFORMATION

Surname/Name: Pallavicini Federica Manuela
E-mail: federica.pallavicini@guest.unibg.it
federica.pallavicini@gmail.com
Nationality: Italian
Date of birth: 15/05/1984, Sondrio (SO)

EDUCATION

Doctorate in Education and Communication Sciences (SSD M/PSI-01)

Doctoral School of Human Sciences

Curriculum "Well-being, health and intercultural communication"

January 2010 - February 2013

University of Milan Bicocca,

Department of Human Sciences for Education "Riccardo Massa", Milan

Rating: Excellent

Title: The impact of transient and chronic stress on decision making in conditions of ambiguity

Supervisors: Fabrizia Mantovani; Luigi Anolli

Master's Degree in Clinical Psychology

October 2006 - July 2008

Vita-Salute San Raffaele University of Milan, Via Olgettina, Milan

Score: 110/110 with honors

Title: Emotional Intelligence and Decision Making in Obsessive-Compulsive Disorder

Supervisors: Laura Bellodi; Paolo Cavedini

Degree in Psychological Sciences and Techniques

October 2003 - July 2006

Vita-Salute San Raffaele University of Milan, Via Olgettina, Milan

Score: 108/110

Title: Emotional Intelligence: Theoretical Bases and Evaluation Methods

Supervisors: Laura Bellodi; Paolo Cavedini

RESEARCH ACTIVITIES

I'm a psychologist expert in studying the applications of virtual reality and video games for mental health and education. My main research areas are characterized by strong interdisciplinarity and are linked to investigating the basic psychological functions related to the use of such technologies.

Fixed-term researcher type B (RTD-B)

Research activity entitled "Virtual reality and video games for promoting mental health "(SSD M-PSI / 01)

01/09/2021 - ongoing

University of Milan-Bicocca

Department of Human Sciences for Education "Riccardo Massa", Milan

Summary: design and implementation of experimental studies to investigate the application of virtual reality and video games for psychological well-being, particularly within the hospital sector. Scientific coordination of the "MIND-VR" project aimed to create psychological support programs for healthcare personnel during the COVID-19 pandemic.

Scholarship for post-doctoral research activities

Post Doctoral Scholarship entitled "Virtual reality and video games for the assessment and training of stress and anxiety" (SSD M-PSI / 01)

01/01/2021- 31/09/2021

University of Milan-Bicocca

Department of Human Sciences for Education "Riccardo Massa", Milan

Summary: coordination of the MIND-VR project (www.mind-vr.com); user-centered conception and design of virtual reality content; creation of the verification protocol of the usability and effectiveness of the content;

coordination of studies at the Besta Neurological Institute of Milan, FERB Onlus of Gazzaniga and the Santa Lucia Institute of Rome).

Junior A1 research fellow

A1-type grant entitled "Virtual reality and video games as innovative learning tools for emotion regulation" (SSD M-PSI / 01)

01/01/2017 - 31/12/2020

University of Milan-Bicocca

Department of Human Sciences for Education "Riccardo Massa", Milan

Summary: design and implementation of experimental studies to investigate the application of virtual reality and video games for mental health, particularly for the assessment and training of stress and anxiety. Design and coordination of the "Virtual video games" project, aimed at studying the emotional experience of the player in virtual reality and at creating protocols for the use of immersive video games for mental health.

Research fellow - type B

Type B check entitled "Positive technology for personal well-being and empowerment: virtual reality and new technologies for the assessment and training of emotional, communicative and cognitive skills "(SSD M-PSI / 01)

01/07/2014 - 31/06/2016

University of Milan-Bicocca

Department of Human Sciences for Education "Riccardo Massa", Milan

Summary: design and implementation of experimental studies to investigate the application of virtual reality and video games for the evaluation and enhancement of communication, cognitive and emotional skills.

Research Fellow (SSD M-PSI / 01)

01/10/2016 - 31/12/2016

University of Milan-Bicocca

Department of Human Sciences for Education "Riccardo Massa", Milan

Summary: Design and implementation of experimental studies to investigate the application of virtual reality and video games for mental health, especially for the assessment and training of communication, cognitive and emotional skills.

Reserach Fellow (SSD M-PSI/01)

10/07/2009 – 31/03/2014

Istituto Auxologico Italiano

Applied Technology for Neuro-Psychology Lab (ATN-P LAB), Milano

Summary: Design and implementation of experimental studies to investigate the application of virtual reality and augmented reality for mental health. Participation in the European research projects INTREPID, INTERSTRESS, PASION.

Participation in national and international funded research projects

Research activity at the project "CULTURAL VIDEOGAME NATIONAL PROGRAM (CULTURGAME.IT)"

2021 - ongoing

University of Milan-Bicocca

Department of Human Sciences for Education "Riccardo Massa", Milan

Funding body: Ministry of Education, University and Research (MIUR), CULTURAL HERITAGE area of specialization of the 2015-2020 NRP

Summary: analysis of the models of use of video games, virtual reality, and augmented reality to promote cultural heritage.

Subject matter experts for the project "VR Scuba for Stress & Anxiety" – eCampus Ontario Grant

2021 - ongoing

University of Ottawa, Faculty of Medicine

Main roles: Scientific supervisor on the design and testing of the virtual experience for the management of stress and anxiety among medicine students.

Research activities in the "Smart & Touch-ID - The HUB for the creation of innovative rehabilitation systems-SMART, connected to needs and territory-Touch, individualized-ID and sustainable" project

2019- ongoing

University of Milan-Bicocca

Department of Human Sciences for Education "Riccardo Massa", Milan

Funding body: Lombardy Region/"Call HUB Research and Innovation").

Summary: analysis of the models of use of advanced technologies for the creation of innovative rehabilitation systems.

Research activity for the MOLIERE project "MOTivational Learning and Interactive Education REvolution" CUP: B38I17000160008 funded by the Ministry of Economic Development (MISE) on the call for the Fund for Sustainable Growth - Call for "HORIZON 2020"

2018-2019

Sharper Analytics, Milan

University of Milan-Bicocca

Summary: analysis of the patterns of use of video games and elements of gamification in learning systems, particularly on the cases of application of gaming in corporate contexts and on the identification of successful elements that can be restructured into learning systems.

Research activity within the project "Urban Up Unipol Project Cities – Milan Virtual Experience"

2017-2018

Unipol Group, Proxima Milano

University of Milan-Bicocca

Main roles: Research designer and project manager.

Research activity within the project "MINERVA"

2014-2016

Leonardo-Finmeccanica

University of Milan-Bicocca

Main roles: Research designer and trial manager; design and testing of a "Human-Centered Virtual Reality Stress Management Training" for the emergency operators and the military personnel.

Research activity within the European INTERSTRESS project "Interreality in the management and treatment of stress-related disorders" (FP7-247685)

2010-2013

Istituto Auxologico Italiano

Applied Technology for Neuro-Psychology Lab (ATN-P LAB), Milan

Summary: responsible for the trials; design and creation of the protocol adopted in the experiments; execution of the trials; design and execution of preliminary studies on the effectiveness of virtual reality for stress induction; design and supervision in creating virtual environments used for stress induction and relaxation.

Research activity within the European project PASION "Psychologically Augmented Social Interaction Over Networks", 03E501

2010

Istituto Auxologico Italiano

Applied Technology for Neuro-Psychology Lab (ATN-P LAB), Milan

Summary: Carrying out the trials

Research activity within the European project INTREPID (Virtual Reality Intelligent Multi-sensor Wearable System for Phobias' Treatment "- IST-2002-507464)

2009

Istituto Auxologico Italiano

Applied Technology for Neuro-Psychology Lab (ATN-P LAB), Milan

Summary: Carrying out the trials

Coordination of research projects

Coordination and team leader of the MIND-VR project

01/04 / 20- in progress

University of Milan-Bicocca

Department of Human Sciences for Education "Riccardo Massa", Milan

Summary: Coordination and team leader of the Mind-VR project "Virtual reality for psychological support to healthcare personnel involved in the COVID-19 emergency" (selected as part of the Second Call #BiUniCrowd - Bicocca University of Crowdfunding).

TEACHING ACTIVITIES

Contract professor for "Psychology of Communication"

(code 92107, SSD M-PSI / 01, CFU 5, hours 30)

Department of Humanities, Philosophy, Communication, University of Bergamo

AA. 2021/2022

AA. 2020/2021

AA. 2019/2020

AA. 2018/2019

Contract Professor for the laboratory on General Psychology "Video games and gamification in training and education" (SSD M/PED-01, 16 hours)

Department of Human Sciences for Education "Riccardo Massa", University of Milan-Bicocca

AA. 2021/2022

AA. 2020/2021

Contract Professor for the laboratory on General Psychology "Virtual reality for the assessment and training of psychological stress" (SSD M/PSI-01, 16 hours)

Department of Human Sciences for Education "Riccardo Massa", University of Milan-Bicocca

AA. 2021/2022

AA. 2020/2021

AA. 2019/2020

AA. 2018/2019

AA. 2017/2018

AA. 2016/2017

Teacher of the lesson of "Virtual reality: Applications in psychological research" (SSD M/PSI-01, 4 hours)

Doctoral School in Education of Contemporary Society

Department of Human Sciences for Education "Riccardo Massa", University of Milan-Bicocca

AA. 2021/2022

AA. 2020/2021

AA. 2019/2020

AA. 2018/2019

Contract professor for "Linguistics and Psychology of Interaction"

(Psychology of Communication unit, code 93110-mod1, SSD M-PSI / 01, CFU 5, 30 hours)

Master's Degree Course in Communication, Information, Publishing at the Department of Humanities, Philosophy, Communication, University of Bergamo

AA. 2018/2019

FELLOWSHIP AND AWARD

"BiUniCrowd - Bicocca University of Crowdfunding" 2020

2020

University of Milan-Bicocca

Team leader of the project "MIND-VR - Virtual Reality for the Prevention and Treatment of Stress and Anxiety Disorder in Healthcare Workers Involved in the COVID-19 Emergency"

(selected as one the 5 accepted proposal among 47 submitted projects)

National Scientific Qualification as II Level Professor in General Psychology (Sector 11/E1)

2019

Ministero dell'Istruzione, dell'Università e della Ricerca, Rome, Italy

"Young Talents Award by Università degli Studi di Milano-Bicocca under the patronale of Accademia Nazionale dei Lincei - Edizione 2018"

2018

University of Milan-Bicocca, Accademia Nazionale dei Lincei, Milan, Italy

Motivation: relevant contributions to the innovative use of virtual reality techniques for stress management and for the treatment of eating disorders

"Top 10 Young Researchers Idea award at the 4° BCFN YES! of Barilla Centre For Food and Nutrition (BCFN)"

2012

Barilla Centre For Food and Nutrition (BCFN)

Project: "Assessment and stimulation of healthy and sustainable eating behaviors: A serious game project to support appropriate food choices". Since 2015 I'm a BCFN Alumni Group Member.

PUBLICATIONS

Track record: Scopus h-index = 20; Scopus total citations= 1334

ORCID ID: <https://orcid.org/0000-0003-2064-3823>

Scopus Author ID: [6701879031](https://orcid.org/0000-0003-2064-3823)

Loop profile: [171577](https://orcid.org/0000-0003-2064-3823)

Book:

- Pallavicini F (2020). *Psicologia della realtà virtuale: Aspetti tecnologici, teorie e applicazioni per il benessere mentale*. Mondadori Università.

Among the most relevant journal articles:

- Pallavicini F., Pepe A., Mantovani F. (2022). The Effects of Playing Video Games on Stress, Anxiety, Depression, Loneliness and Gaming Disorder During the Early Stages of the COVID-19 Pandemic: PRISMA Systematic Review. *Cyberpsychology, Behavior, and Social Networking*, *in press*.
- Pallavicini F, Orena E, Di Santo S, Greci L, Caragnano C, Ranieri P, Vuolato C, Pepe A, Veronese G, Stefanini S, Achille F, Dakanalis A, Bernardelli L, Sforza F, Rossini A, Caltagirone C, Fascendini S, Clerici M, Riva G, Mantovani F. (2022) A Virtual Reality Home-Based Training for the Management of Stress and Anxiety among Healthcare Workers during the COVID-19 Pandemic: Study Protocol for a Randomized Controlled Trial. *Trials*, *in press*.
- Pallavicini F., Pepe A., Mantovani F. (2021). Commercial Off-The-Shelf Video Games for Reducing Stress and Anxiety: PRISMA Systematic Review. *JMIR Mental Health*, 8(8):e28150.
- Pallavicini F., Pepe A. (2020). Virtual Reality Games to Enhance Positive Emotions and Decrease Anxiety: A Pilot Study on the Role of Body Involvement. *JMIR Serious Games*, 8(2):e15635.
- Pallavicini, F., Pepe, A. and Minissi, M.E (2019) Gaming in Virtual Reality: What Changes in Terms of Usability, Emotional Response and Sense of Presence Compared

to Non-Immersive Video Games? *Simulation & Gaming*, 50 (2), 136-169.

- Pallavicini, F., Ferrari, A. and Mantovani, F. 2018. Video Games for Well-Being: A Systematic Review on the Application of Computer Games for Cognitive and Emotional Training in the Adult Population. *Frontiers in Psychology*, 9: 2127.
- Morganti L, Pallavicini F, Cadel E, Candelieri A, Archetti F, Mantovani F. (2017). Gaming for Earth: Serious Games and Gamification to Engage Consumers in Pro-Environmental Behaviours for Energy Efficiency. *Energy Research & Social Science*, 29:95-102.
- Gaggioli A, Pallavicini F, Morganti L, Serino S, Scaratti C, Briguglio M, Crifaci G, Vetrano N, Giulintano A, Bernava G, Tartarisco G, Pioggia G, Raspelli S, Cipresso P, Vigna C, Grassi A, Baruffi M, Wiederhold B, Riva G (2014). Interreality for the Management of Psychological Stress: a Block Randomized Controlled Trial *Journal of Medical internet Research*.
- Pallavicini F, Algeri D, Repetto C, Gorini A, Riva G (2009). Biofeedback, virtual reality and mobile phones in the treatment of Generalized Anxiety Disorder (GAD): A phase-2 controlled clinical trial. *Journal of Cybertherapy and Rehabilitation*, 2(4):315.

According to law 679/2016 of the Regulation of the European Parliament of 27th April 2016, I hereby express my consent to process and use my data provided in this CV.

Milano, 10/05/2022

Federico Pallavicini